

HELPFUL RESOURCES FOR COPING WITH STRESS AND ANXIETY

- **AARP** provides useful information for people experiencing extra anxiety uncertainty and fear related to the COVID-19 pandemic:
 - <https://states.aarp.org/montana/>
 - <https://www.aarp.org/health/healthy-living/info-2020/coronavirus-anxiety.html>
 - <https://connect2affect.org/>
- **Alzheimer's 24/7 Helpline**, (800) 272-3900 for those caring for loved ones with Alzheimer's, Parkinson's and Dementia and memory loss in this exceptionally difficult time. Helpline is staffed by resource specialists and Master's level counselors, all conversations are confidential.
- **The CDC** acknowledges the impact of COVID on our wellbeing and provides information and healthy ways to cope: [Mental Health and Coping During COVID-19 | CDC](#)
- The **Montana Warmline** is a free, confidential service staffed by individuals with lived experience who understand the behavioral health needs of individuals. The service is not a crisis line nor is it online therapy. However, it provides a friendly and understanding person for those who just need someone to talk to, and it may provide emotional support that can help prevent a crisis. The Warmline is available at 877-688-3377 or at <http://montanawarmline.org/>
- **Montana Crisis Recovery Hotline** is a free service available Monday through Friday from 10:00 a.m. to 10:00 p.m. The hotline is staffed by trained crisis counsellors who can help with pandemic related mental health challenges. Call 1-877-503-0833.
- The **Montana Suicide Prevention Lifeline** at 800-273-TALK (8255) is also available. The Lifeline provides 24/7, free, and confidential support for people in distress.
- The **Montana Crisis Text Line**, which can be accessed by texting "MT" to 741741, is available as well. When a person texts the Text Line, a counselor responds within minutes and is available for any behavioral health crisis.
- **National Domestic Violence Hotline**, 1-800-799-SAFE (7233) or 1-800-787-3224.